



Did you know?

- The average total lifetime cost for infants born with spina bifida exceeds \$1Million. A daily dose of 400 mcg of folic acid averages \$.03-\$.04 per day.
- Women need a daily dose of 400 micrograms (also written as 0.4 mg) of synthetic folic acid. Some women need a prescription for 4000 micrograms (4.0 mg) of folic acid before trying to become pregnant.
- Synthetic folic acid found in multivitamins, fortified grains and cereals, and prescription folic acid is absorbed more easily than the natural form or "folate" found in foods like leafy green vegetables or orange juice.
- Some women who take folic acid everyday will still have a pregnancy affected by spina bifida. Folic acid cannot guarantee a healthy baby, but it helps reduce the risk.
- Most women don't know the amount of folic acid they need or when to start taking it. All women need a daily dose of 400 mcg of folic acid.
- Women at risk for spina bifida recurrence need a prescription for 4000 mcg of folic acid before their next pregnancy.
- Even with a prenatal vitamin and a diet of foods containing folic acid, women at risk for NTD recurrence need a prescription for 4000 mcg of folic acid.
- Women at increased risk for spina bifida recurrence report that their health care providers have only advised them about their need for increased levels of folic acid about 57% of the time.
- Many Hispanic women are afraid to take folic acid because they falsely believe it will increase their appetite and make them gain weight. These myths are often handed down from generation to generation.